



How to Stop Worrying and Start Living

By Dale Carnegie

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How to Stop Worrying and Start Living By Dale Carnegie

This book can change your life!

Through Dale Carnegie's six-million-copy bestseller recently revised, millions of people have been helped to overcome the worry habit. Dale Carnegie offers a set of practical formulas you can put to work today. In our fast-paced world—formulas that will last a lifetime!

Discover how to:

- Eliminate fifty percent of business worries immediately
- Reduce financial worries
- Avoid fatigue—and keep looking you
- Add one hour a day to your waking life
- Find yourself and be yourself—remember there is no one else on earth like you!

How to Stop Worrying and Start Living deals with fundamental emotions and ideas. It is fascinating to read and easy to apply. Let it change and improve you. There's no need to live with worry and anxiety that keep you from enjoying a full, active and happy life!

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Editorial Review

Amazon.com Review

"Those who don't know how to fight worry, die young." This ominous advice begins Dale Carnegie's bestseller, *How to Stop Worrying and Start Living*, an eight-part treatise on the follies of worrying. Like other Carnegie books, this one is packed with good old-fashioned common sense, illustrated with examples drawn from research on historical figures and interviews with business leaders. Somehow, even the most simple advice--such as Carnegie's four-step method of problem solving--is presented in a way that makes you want to write it down and post it on the employee bulletin board. Narrated by the resonant and engaging voice of Andrew McMillan and loaded with relevant real-life examples, this unabridged audiobook maintains interest throughout. (Running time: 10.5 hours, eight cassettes) --*Sharon Griggins*

About the Author

Dale Carnegie (1888-1955) described himself as a "simple country boy" from Missouri but was also a pioneer of the self-improvement genre. Since the 1936 publication of his first book, *How to Win Friends and Influence People*, he has touched millions of readers and his classic works continue to impact lives to this day.

Users Review

From reader reviews:

Martha Furman:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a move, shopping, or went to typically the Mall. How about open or even read a book allowed *How to Stop Worrying and Start Living*? Maybe it is to become best activity for you. You recognize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with the opinion or you have other opinion?

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Charles Montiel:

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